



*Serving 7 Counties in  
North Central North Dakota*

## FIRST DISTRICT HEALTH UNIT

**PO Box 972 • 141 N Main #3 • Garrison ND 58540**

Phone (701) 463-2641 • Fax (701) 463-7228

**PO Box 1108 • 712 5<sup>th</sup> Ave • Washburn ND 58577-0006**

Phone (701) 462-3330 • Fax (701) 462-3375

[www.fdhhu.org](http://www.fdhhu.org)



**Public Health**  
Prevent. Promote. Protect

March 2, 2015

To FDHU Client(s),

The CDC is now recommending two pneumococcal vaccines, commonly called pneumonia shots, for adults 65 years or older. Recent studies have shown that both Prevnar (PCV13) and Pneumovax (PPSV23) vaccines are needed for the best protection against pneumococcal disease.

If you are 65 or older and have not had a pneumonia shot, you should receive one dose of Prevnar vaccine now, and in one year get a dose of Pneumovax vaccine.

If you had a pneumonia shot after the age of 65, then you most likely had the Pneumovax vaccine. The CDC now recommends you get a Prevnar vaccine. There must be at least one year in between these two vaccines.

Effective September 19<sup>th</sup>, 2014 Medicare will cover recommended pneumococcal vaccines, as long as they are at least one year apart. Only one dose of each vaccine is required for protection after age 65. No booster doses are recommended at this time.

First District Health Unit will be holding a Prevnar (PCV13) clinic on March 25, 2015 from 2:30-3:30 at First District Health Unit in Garrison. For an appointment in Garrison please call 463-2641. A clinic will also be held on April 8, 2015 from 2:30-3:30 at First District Health Unit in Washburn. For an appointment in Washburn please call 462-3330. If you are unable to attend one of these two clinics please call for other arrangements.

Please bring your Medicare card and if you have immunization records from home bring them also. When you arrive at the clinic, we will be happy to review your records and answer any questions you may have.

Sincerely,

Amy Heer, RN

Public Health Nurse

Garrison

Pamela Fischer, RN

Public Health Nurse

Washburn